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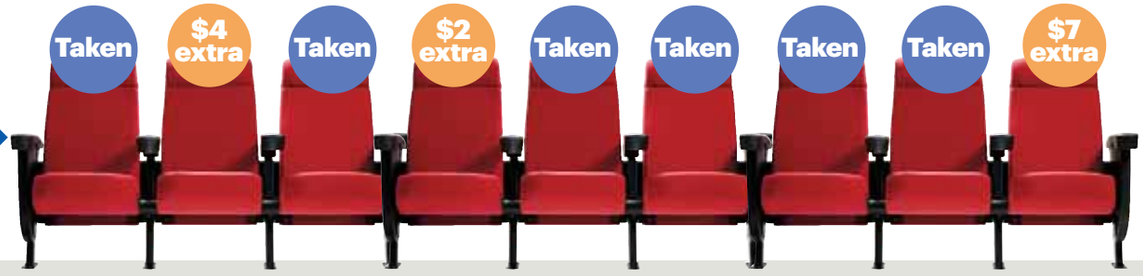

Toronto metro

JESSICA JONES *and* a new team of heroes

metroLIFE

Your essential daily news | MONDAY, NOVEMBER 23, 2015

High 2°C/Low -1°C Partly cloudy

The combined Aynerdjian and Karakouzian families stand outside their home in Scarborough. The Karakouzian family, recent refugees from Syria, arrived in July. VICTOR BIRO/FOR METRO

FROM SYRIA TO SCARBOROUGH

One refugee family's escape from war metroNEWS

T.O. tops youth list

GLOBAL CITIES

Toronto ranked No. 1 for economic opportunities

Toronto offers the best economic environment for young people among 35 global cities, according to a study published Monday.

The survey, commissioned by the New York-based Citi Foundation, delved into employment and growth statistics and considered the strength of government programs, educational institutions and entrepreneurial opportunities for people aged 18 to 25.

Despite youth unemployment that's almost double the rate of the general population and a relatively low sense of optimism, Toronto placed first, beating out formidable global hubs such as New York, London, Hong Kong and Singapore.

"Toronto finished higher than we would have expected based on things like how much money people make in that city," said Leo Abruzzese, global director of public policy at The Economist Intelligence Unit, which was commissioned to conduct the study.

Roughly 150 young people from each city were also chosen to complete telephone and online surveys about their perceived job prospects and sense of optimism about economic growth. The results were weighted and placed on the 100-point scale. Toronto placed first with a score of 77, placing second in government support and employment, and first in "human and social capital."

Speaking of Toronto, Brandee McHale, president of the Citi Foundation, praised city programs like the municipal Partnership to Advance Youth Employment (PAYE), which was created in 2009 to help young people land jobs. He added that Toronto has a smaller wage gap between men and women than many other cities.

Rankings were based on affordability of education, ease of opening businesses and gender gaps in wage and labour force participation.

That's great and all, but Abruzzese wouldn't encourage a parade down Yonge Street. "Although Toronto came first, it's not really a standout," Abruzzese said, pointing out that all the cities in the top 10 scored higher than 70 points, while the difference between first and fifth was just 3.6 points. TORSTAR NEWS SERVICE

Europe on alert: Canada closes embassy in Belgium

WORLD METRONEWS

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metro NEWS
Your essential daily news

Migrants clash with police near Greece-Macedonia border. **World**

Boom leads big foreign firms to city

DEVELOPMENT

Architect hopes local companies up their game

Chris Bateman
For Metro | Toronto

The Toronto construction boom is turning the city into a major market for internationally renowned architecture firms.

In the last five years, Toronto developers looking to add cachet to their projects have recently begun shelling out for work by firms such as Foster and Partners, Frank Gehry, and Wilkinson Eyre.

"There's a certain discerning buyer that's going to be more interested with some added value, and the big-name 'starchitects' definitely bring the added value," said Craig White, managing editor of Urban Toronto, a website that tracks local development.

Developer Sam Mizrahi recently hired London-based Foster and Partners—famous for that city's "Gherkin" building—to design a 318-metre super tall tower at 1 Bloor Street West.

If constructed as planned, it would become the second tallest structure in the country after the CN Tower.

BRL Realty Limited submitted plans for another Foster and Partners building at Bay and Scollard streets Nov. 5.

Elsewhere, Frank Gehry is working for David Mirvish on a pair of visually arresting towers at King and John streets, and though mired in delays Daniel Libeskind's L Tower is nearing completion on Front Street.

Toon Dreessen, president of the Ontario Association of Architects, said the influx of foreign talent doesn't have to hurt local business.

Architects from other jurisdictions must partner with local firms certified in the Ontario building code and other area-specific laws, he said.

"It's often a very positive way for smaller firms or for local firms to gain international experience," he said.

Alex Josephson of Toronto architecture firm Partisans hopes the competition will drive local designers to up their game.

"Architects here need to start telling the Toronto story, because they're the only ones who can tell it," he said.

FOR MORE ON THE L TOWER, SEE PAGE 9

48-58 Scollard Street
Architects Foster and Partners/CORE Architects Inc.
Status Planning
The preliminary design of this 43-storey, L-shaped residential project distinguishes itself from nearby condos by staggering back near the top.

Mirvish+Gehry
Architect Gehry Partners LLP
Status Planning
At 82 and 92 storeys, Toronto-born architect Frank Gehry's King Street West towers will be "sculptures that people can live in," according to David Mirvish.

1 Bloor Street West
Architects Foster and Partners/RAW Design
Status Planning
At 318 metres, "The One" (as developer Sam Mizrahi has called it) could become the tallest tower in Canada after the CN Tower.

L Tower
Architect Studio Daniel Libeskind, Page + Steele/IBI Group Architects
Status Construction
Architect Libeskind, who also designed the Michael Lee-Chin Crystal Crystal at the ROM and the OCAD Sharp Centre for Design, gave the L Tower a sweeping curved facade.

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IN BRIEF

Man dies in two-alarm fire
A man in his 70s was pronounced dead at the scene of a two-alarm blaze in North York Sunday evening.

Toronto Police and Fire Services responded to a call around 3:45 p.m. on Sunday that black smoke was pouring from a house at 19 Vinci Cres., just off Faywood Boulevard.

A woman in her 30s was also treated at the scene for smoke inhalation, but Toronto Paramedics did not take her away.

Toronto Police closed off roads at Vinci and Faywood. The fire had been knocked down by 5 p.m.; Eckerman said that the Ontario Fire Marshal has been called in to help investigate what happened.

TORSTAR NEWS SERVICE

Suspect charged by Peel police in hit-and-run
Peel Regional Police have charged a male suspect after an 18-year old woman was struck and killed in a hit-and-run Saturday night.

According to police, the woman was crossing the street in the Bonnie Braes Drive and Kimborough Hollow area just before 11 p.m., when she was struck by a vehicle that later fled the scene.

The woman was rushed to a trauma centre in critical condition but succumbed to her injuries. The driver of the vehicle surrendered to police early Sunday morning. Steven Richards, 26, has been charged with failure to remain at the scene of an accident causing death. TORSTAR NEWS SERVICE

Police arrest man wanted in sexual assault case
A 45-year-old man wanted in connection with a gunpoint sexual assault in the downtown core and an armed robbery at an east-end restaurant earlier this month has been arrested in Montreal, police say.

The suspect is accused of approaching a 28-year-old woman from behind and holding her at gunpoint near Alexander Street and Yonge Street just before midnight on Nov. 6. Police allege the suspect then forced the woman to walk to the rear of a building before he sexually assaulted her and fled the scene.

Brennan Wayne Guigue was arrested by the Montreal Police Service on Saturday just after 8 p.m.

He will be appearing in a Montreal court for a bail hearing on Monday morning. TORSTAR NEWS SERVICE

From left, the Kaiser family — Paul, 14, Harrison, 9 and Phoebe, 11 — sit in their Toronto kitchen. Phoebe and Paul are severely allergic to peanuts. LIZ BEDDALL/METRO

Cure for peanut allergies possible, says SickKids

HEALTH

Researchers' work attracts $100K Kraft sponsorship

Jessica Smith Cross
Metro | Toronto

Families with severe allergies get used to a certain way of life. There's a litany of questions to ask at every restaurant and a constant level of anxiety about what the next bite might bring.

But research underway at SickKids Hospital in Toronto has the potential to cure allergies — and upend the routine of questions and concern, says Dr. Amy Kaiser, a SickKids Foundation board member and the mother of two kids with severe peanut allergies.

"You kind of have to self-advocate for yourself a lot," said her 11-year-old daughter, Phoebe. "Because you have to look out for yourself."

Paul, 14, still goes out for food with friends, but there are times when he doesn't get to eat.

There are also extra precautions to take when travelling. Some airlines will prohibit peanuts in the rows surrounding their seats, or even make the whole plane peanut-free if they call ahead.

> **You kind of have to self-advocate for yourself a lot. Because you have to look out for yourself.**
> Phoebe Kaiser

But all that could change, in time.

Researchers at SickKids believe a cure is possible. Their work has recently attracted $100,000 sponsorship from a company with a stake in the allergy problem: Kraft Peanut Butter.

The centerpiece of their work involves research into the platelet-activating factor (PAF) by Dr. Eyal Grunebaum and Dr. Peter Vadas.

By studying PAF's role in anaphylactic shock, SickKids researchers may be able to prevent fatal allergic reactions from occurring, said Grant Stirling, the hospital's chief development officer.

"If our promising research bears fruit, within the next 10 years, as a woman may take a birth-control pill or someone may take Aspirin as prevention from a heart attack, someone with a severe allergy can take a pill once a day," Stirling said.

"They may still be allergic to something, but they will not have an anaphylactic reaction and they will not die."

For the Kaiser family, a cure for allergies would change their lives.

"If there were not peanut allergies, or food allergens, I think carefree family gatherings would be possible," Kaiser said.

"I'd be like any other kid," said Paul.

DEVELOPMENT

Liberty Village population booming with families

When Emily Runions moved to Liberty five years ago, she felt like the only mom in the village.

"We would go to the park and you would see the dogs going down the slide more than you would see the kids going down the slide," said the 30-year-old.

Dogs still vastly outnumber the likes of Runions' seven-year-old daughter but there are signs young families are setting up in the condo enclave.

A thriving maternity and children's store, Love Me Do, opened three years ago. Mud outlines the sidewalks where impatient walkers manoeuvre around strollers. And the biggest sign?

"You actually do see kids in Liberty Village," said Todd Hofley, president of the Liberty Village Residents Association.

Hofley, also the condo board president for Liberty Tower, has watched the number of children in his development go from zero to more than 40 in the past five years. Now more than 10 per cent of the units are home to children, ranging from babies to teenagers, he said.

For him, it's a welcome change in demographics.

"Neighbourhoods have to have a mix of all generations … you can't have a singularly focused neighbourhood. It'll die," he said.

"The 2011 census is absolutely useless for Liberty Village at this point. And it was useless in 2012," he said. "We had seven condo towers finished within 14 months of each other. So all of a sudden, Liberty Village … doubled."

Coun. Mike Layton sees the growing number of families as a natural evolution.

"The young people that were buying their first home, and maybe had a dog for the first couple of years, found love and had kids, and now that's changing the nature and the needs of the neighbourhood," Layton said.

Emily Runions helps her daughter Sadie Butcher, 7, with her homework in their Liberty Village condo on Nov. 2. COLE BURSTON/TORSTAR NEWS SERVICE

Guards ask for scanners to save lives

JAIL

Airport-style devices used to find drugs, ceramic blades

Guards in Ontario jails say they face an explosion of illegal drugs and weapons and need better screening equipment to save prisoners' lives and protect themselves.

The problem, the guards say, is that drugs and ceramic weapons aren't being picked up by metal detectors used to search prisoners in all 26 provincial jails.

"The dangers are real, as evidenced by the fact we're seeing more drug overdoses of offenders in jail and a noticeable increase in weapons, particularly ceramic weapons," said Monte Vieselmeyer, chair of the Corrections division for the Ontario Public Service Employees Union.

To address those concerns, a pilot project at the Toronto South Detention Centre launched late this summer involves the use of a full-body scanner similar to those found at airports across the country. Proponents say the scanners are more effective for picking up non-metallic contraband a prisoner might have swallowed or tried to hide in a body cavity.

Impressed with the results they've seen so far — the machine at the Toronto South jail has picked up a number of ceramic weapons — Ontario's correctional officers are calling for the machines to be installed in all provincial jails.

Vieselmeyer said Ontario's Ministry of Community Safety and Correctional Services has assigned some managers to go across the province to look into the feasibility of retrofitting other jails with scanners.

Above: a demonstration of a full-body scan at Manchester Airport in England. Below: the result of a different scan. PAUL ELLIS/AFP/GETTY IMAGES

"It's a piece of equipment long overdue for our ministry," said Vieselmeyer.

The machines can cost from $100,000 to around $230,000.

One guard from the Toronto East Detention Centre said weapons made from ceramic material — whether smuggled in or hand-made from a broken tile or sink — can be lethal.

"These are not wimpy little weapons," said the guard, who asked that his name not be published. TORSTAR NEWS SERVICE

DRUGS TAKE THEIR TOLL

Another major concern guards say justifies the expanded use of scanners is prisoners overdosing on contraband drugs.

April Tykoliz had to take her brother Marty off life support after he overdosed on drugs while a prisoner at the Hamilton-Wentworth Detention Centre last year.

"The decision was mine to pull him off life support — to kill my own brother," said Tykoliz, 41.

April said she doesn't want anyone else to go through the pain she and her family endured. That's one of the reasons she supports the idea of all Ontario jails getting full-body scanners.

Marty's overdose will be part of an inquest into the suspected overdose deaths of five prisoners at the jail.

TTC

Original '50s tiles appear out of the blue

Chris Bateman
For Metro | Toronto

Construction work at College Station has revealed a colourful piece of Toronto's transit history.

Advertising billboards taken down last week have given riders a glimpse of the station's original aqua-blue wall tiles.

Installed during construction of the Yonge line and unveiled to the public on March 30, 1954, the glossy wall covering debuted at the same time as the now-famous TTC subway font.

Unfortunately, the tile was prone to breaking, and in 1982 the TTC covered it with something more durable in mottled brown.

Eglinton is the only stop on the original Yonge line to retain its 1950s tile.

Riders at College Station on Sunday said they liked the old aqua blue, despite a thick layer of dust and some graffiti.

College Station's original 1954 wall tiles were uncovered this week after the TTC took down a billboard. CHRIS BATEMAN/FOR METRO

"The blue is fresh, even though it looks like it's from the 1950s," said Krys Bihun."

"I'd rather they go back to what it was," said Duane Booth. "The brown is pretty ugly."

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Enrolment a challenge for immersion

EDUCATION

Boards to get creative to meet program demands

Too many students. Not enough teachers.

Struggling to keep up with demand for French immersion, and how to ensure equal opportunity, some Ontario school boards are considering caps on enrolment for the popular program or delaying its start.

Others, such as the Peel District School Board, have taken a hard stand and put a 25 per cent cap in place.

In Halton, explosive growth in French immersion — which now serves 21,000, or almost half of all elementary students — is threatening both the French and English programs.

"We have about 13 of our schools with less than 15 students choosing to remain in the English program," said newly appointed director of education Stuart Miller, who has been part of an ongoing program viability committee looking at the issues. "We have some really small cohorts in those 13 schools — in some schools there are three or four kids."

Plus, principals have a "big challenge in recruiting qualified, good quality French immersion teachers.

"The viability is hard for us, and it's a challenge for us to sustain a French immersion program with great uptake, in terms of being able to put really good-quality, fluent French speakers" in classrooms, Miller said.

The board hopes to have a plan approved by next June and changes made by September 2017. TORSTAR NEWS SERVICE

Grade 3 French immersion students at Elmlea P.S. in Toronto. A spike in demand has created challenges for school boards across Ontario. VINCE TALOTTA/TORSTAR NEWS SERVICE

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JUSTICE

Police boards seek authority to enforce

Calling Ontario's new carding regulations a "very bold move," the association representing the province's police boards is nonetheless seeking changes to ensure they have the explicit authority to enforce the rules with police they oversee.

Fred Kaustinen, executive director of the Ontario Association of Police Services Boards, wants to make sure any force-specific policies developed by civilian boards to implement the province's carding regulations are not met with resistance from the police themselves, a problem some boards say is far too common.

Simply put, the province needs to make sure police can't opt out of any carding policies because of a lack of clarity over what police boards can and cannot demand.

"I'll tell you right now, here's what the boards need: They need clear roles," Kaustinen said. "And the chiefs need to understand those roles as much as the board members."

Kaustinen said some Ontario police services, including Peel and Toronto, are "basically telling their employers, i.e. their police boards, that operations are none of their business."

Last month, Ontario's Ministry of Community Safety and Correctional Services unveiled draft regulations that set strict new limits on carding — the controversial police practice of stopping, questioning and documenting people who are not suspected of a crime. A series of Torstar News Service investigations found that black and brown young men are far more likely to be stopped and questioned than white men.

The regulations, now under a 45-day public review period, ban arbitrary and random stops and set limits on why and how police question and document members of the public.

They have been met with praise from community groups and human rights activists, who have long said carding disproportionately affects racialized groups. Some police leaders and unions, however, have argued the regulations will handcuff officers and ultimately keep them from interacting with members of the public. TORSTAR NEWS SERVICE

> **"Here's what the boards need: They need clear roles."**
> Fred Kaustinen

IN BRIEF

VIA crash: two in hospital

A man and woman were transported to hospital with "mild to moderate" injuries after their car was struck by a Toronto-bound VIA train just west of Belleville shortly after 4 p.m. on Sunday.

Belleville Police said they backed onto the tracks from a private driveway just outside of town when the oncoming train struck the front of their car.

Police said, so far, the car appears to have been at fault. No arrests have been made.

TORSTAR NEWS SERVICE

Man seriously injured in fall

A 38-year-old man visiting from overseas was taken to hospital with life-threatening injuries after falling from a rooftop on Gladebrook Crescent in Mississauga.

Peel Regional Police received a call around 5:15 p.m. Sunday reporting the fall.

The incident is listed as an "industrial accident," implying the man was a worker of some kind, but Peel Regional Police couldn't confirm if he was working at one of the houses.

TORSTAR NEWS SERVICE

The view from The L Tower 25 on The Esplanade in downtown Toronto. COLE BURSTON/TORONTO STAR

Crane raises concerns

L TOWER

Derrick akin to incomplete Lego set: Union

A little rust-coloured derrick crane is being blamed for delaying completion of the L Tower condo building downtown.

Citing its poor design, the union of crane operators in Ontario calls the lifting machine at the top of the Daniel Libeskind-designed skyscraper a "monstrosity" akin to "an incomplete Lego set put together by an eight-year-old."

The Ministry of Labour has been investigating the work site at the corner of Esplanade and Yonge Street since June, when it received a complaint about crane components that were being hoisted to the roof. The building is currently in its sixth year of construction.

The licensed crane operator tasked with the derrick's assembly, Robert MacFarlane, said he resigned after he felt safety concerns were brushed off by the project's construction manager, Dominus Construction Group.

"The worst-case scenario is (it) could collapse during assembly and fall down beside the building," he said.

Dominus vice-president Anthony Pignetti declined to respond personally to the allegations. Communications consulting firm Vicbar Marketing Ltd. later forwarded a statement.

"Throughout construction, we have worked closely with the Ministry of Labour at our L Tower site and have complied with all orders in an expeditious and proactive manner," the statement reads. "We will continue to cooperate with the Ministry and comply with all safety requirements."

One of the three developers overseeing the $235-million condominium tower's construction says that as soon as the partner-developers found out about the derrick's installation issues, they pledged to take it down.

"It testifies to our credibility that once the partnership got involved we took it upon ourselves to take it down, once we learned all the facts," said Castlepoint Numa managing partner John O'Keefe.

MacFarlane, the crane operator, said the delay began when he asked primary contractor Dominus Construction for inspection reports that would prove the derrick's design had been declared safe by an engineer. He alleges this request was repeatedly brushed aside.

A Ministry of Labour inspector visited the site in June and issued a stop-work order — used when there is an immediate danger or hazard to the health or safety of a worker — until engineering reports confirming the crane was structurally sound were provided.

The reports were due at the end of July. They were never provided. The ministry said it was informed that alternative methods and equipment were to be explored. Until those options have been established and the initial requirements fulfilled, the stop-work order will remain in place. TORSTAR NEWS SERVICE

"The worst case scenario is it could collapse."
Robert MacFarlane

CITYSCAPES

Luminato to light up iconic power plant

Mallory Chate
For Metro | Toronto

Next year's Luminato festival will be lighting up an old but iconic power plant in the city's east end.

Decommissioned in 1983, the Hearn Generating Station will play host to Luminato's 2016 lineup.

The massive, 23-million-cubic-foot building opened in 1951, and its towering smokestack remains a fixture of the city's skyline.

Luminato held a fundraising gala at the Hearn in 2014, and the festival's artistic director, Jorn Weisbrot, has big plans for the space.

"Every architecture student, architect, and urbanist in Toronto has probably dreamt about what the Hearn could be. In 2016 Luminato will turn on the Hearn," he wrote in a blog post.

Luminato has hired Partisans, the architecture firm behind the Union Station revitalization, and Charcoalblue, an acoustics consultancy firm, to help transform the power station.

"The space of the Hearn will not be divided into distinctly different areas but will feature fluid interlocking inseparable areas: stage, exhibition, and entertainment," Weisbrot said. He also mentioned they will be adding a direct transportation line to the event as well as a restaurant and a 1,500-seat theatre.

The Hearn power station. TORSTAR NEWS SERVICE

The 2016 festival will mark Weisbrot's last year as director, and Luminato's 10th anniversary.

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HUDSON'S BAY

Syrian family finds jobs, food, and snowflakes in Toronto

SPONSORSHIP

Couple helps refugees begin life far away from bombs

Gilbert Ngabo
Metro | Toronto

Looking through the window and seeing light snowflakes, Sako Karakouzian couldn't contain his excitement.

"Yeah!" he exclaimed, jumping up. "I want to go out now."

It's a moment the 13-year-old has been waiting for since his family came to Toronto in July. Born and raised in Aleppo, Syria's largest city, he'd heard a lot about Canadian winters.

Sunday's snowfall was a sign his new friends at the Armenian Relief Society School in Scarborough can soon take him out for skating lessons, he said.

Not everyone in the Karakouzian family is as enthusiastic about winter, but all four of them are happy to be in Canada.

Months of uncertainty in war-ravaged Aleppo were tough, they said. Bombs were falling all over the place, sometimes only metres away. The 300-kilometre journey to Lebanon in search of refuge wasn't easy either.

"Travelling was the toughest," said Hagop Karakouzian, remembering how hard it was to get his wife and two children out of Syria.

Although there were no bombings, life in Lebanon was "very hard," Karakouzian said. He's a trained welder but couldn't find a job. Food was scarce. He remembers waiting in line for 15 hours to buy bread at a local store.

"We were hungry but also worried because they could attack you and rob you," he said.

Adjusting to life in Toronto is another challenge. Hratch Aynedjian and his wife Sosseh privately sponsored the Karakouzians and welcomed them in their three-bedroom bungalow.

They've not only opened their doors and their wallet, but also their hearts.

"They are our family," said Aynedjian, an executive assistant to councillor Raymond Cho. "We've told them we're going to suffer together."

The community has also chipped in, enrolling the two kids in local clubs for free and bringing them winter clothes.

The older Karakouzian recently got a welding job at a factory in Vaughan — and he gets a free ride from one of the neighbours. His wife Loucine has found work at a grocery store.

"They are good people and our neighbours love them," said Aynedjian. "All those people who've got Islamophobia and racism and stuff, you've got to get over it."

Hagop Karakouzian and his two children, Sako (centre) and Houshig. They, with wife and mom Loucine, fled Syria last summer and now live in Scarborough.
VICTOR BIRO/FOR METRO

HOW TO HELP

Resources for potential supporters

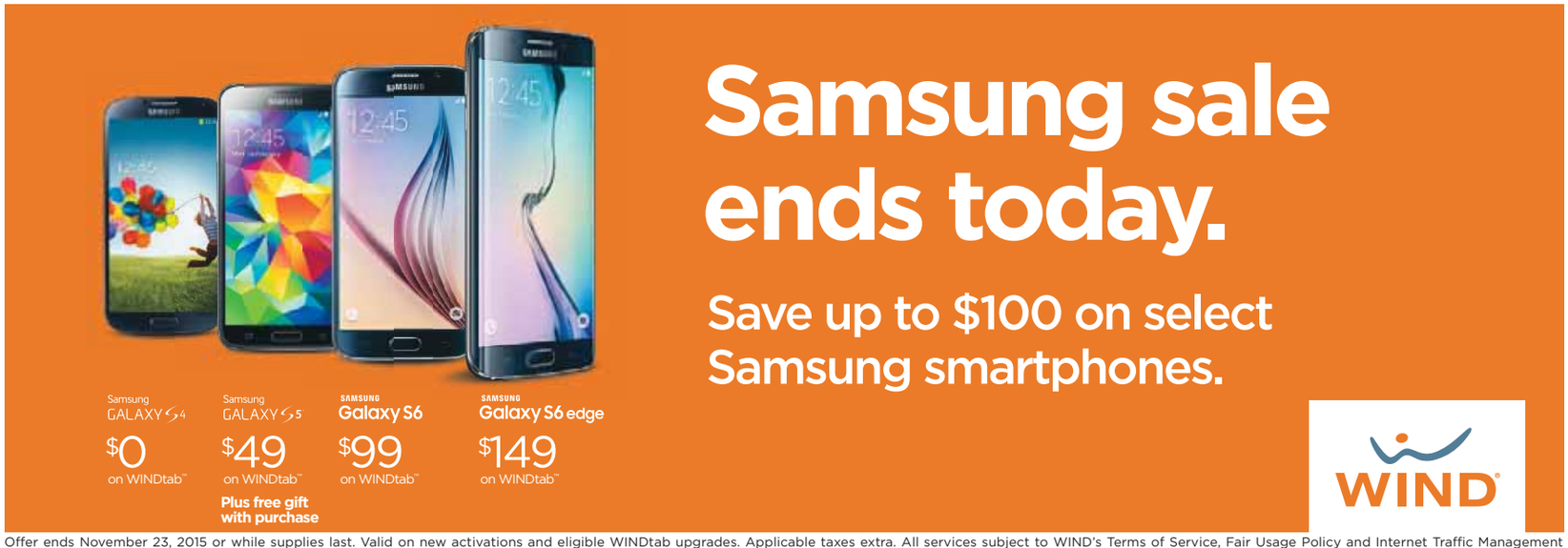
Lifeline Syria has been at the forefront of helping private sponsors prepare and submit applications to help Syrian families come to Canada.

The group says 15 sponsorship applications have now been submitted in Toronto and at least another 80 are on the way.

There are currently no sponsorship meetings planned for the general public at Lifeline Syria, as the charity focuses on working with committed groups to get their applications through.

However, more information sessions will be scheduled in the coming months. For updates, go to lifelinesyria.ca.

Those interested in starting a sponsorship application can also contact the Refugee Sponsorship Training Program (rstp.ca) or York University's Centre for Refugee Studies for information. METRO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From left, Nunavut Premier Peter Taptuna, Yukon Premier Darrell Pasloski, Ontario Premier Kathleen Wynne, Prince Edward Island Premier Wade MacLauchlan, British Columbia Premier Christy Clark, Quebec Premier Philippe Couillard, Newfoundland and Labrador Premier Paul Davis, Manitoba Premier Greg Selinger, New Brunswick Premier Brian Gallant, Alberta Premier Rachel Notley, Nova Scotia Premier Stephen McNeil, Saskatchewan Premier Brad Wall and Northwest Territories Premier Bob McLeod pose for a group photo on Signal Hill overlooking the harbour at the summer meeting of Canada's premiers in St. John's in July. THE CANADIAN PRESS FILE

Premiers meet to talk climate change

Michael Woods
Metro | Ottawa

When Prime Minister Justin Trudeau and the premiers sit down in Ottawa on Monday to discuss climate change, it will be the first full-blown meeting of Canada's first ministers since 2009.

But while the premiers of the two largest provinces said they welcome federal re-engagement, they also warned the new government not to disregard the provinces' progress in reducing greenhouse gas emissions.

"There's always a tendency for governments that come into office to tend to think that nothing meaningful happened before they came into office," Quebec premier Philippe Couillard told a panel discussion at the Canada 2020 policy conference in Ottawa.

"We are very happy that we're going to be working with the federal government, but let's resist the temptation of starting from scratch."

Quebec has established a cap-and-trade system with California in order to reduce emissions, and has its own green fund. Ontario is working to join the cap-and-trade system, and scrapped coal-fired power plants.

Couillard's co-panellist, Ontario premier Kathleen Wynne, called Monday's meeting "very important" but also made the point that some provinces have established initiatives that shouldn't be disregarded.

"We're not looking to the federal government for some kind of unilateral imposition of a particular standardized regime across the country. What we're looking for is support for the initiatives we're taking."

Couillard also said Canada needs a "rebranding" in Paris.

"Yes, we are a major oil-producing country, but we are also one of the most important producers of renewable energy in the world. This has to be part of the story," he said. "Let's start thinking of ourselves as a competitor to Norway, rather than Saudi Arabia."

Couillard and Wynne's comments were preceded by a speech from Environment Minister Catherine McKenna saying Canada can be a leader on the world stage carbon reduction and clean energy, but that it wouldn't be easy.

POLL

According to a new Angus Reid poll, 57 per cent of Canadians believe the leaders will come up with a plan to reduce emissions in Canada. However, when it comes to the climate talks in Paris, respondents said they aren't confident the talks will lead to an international agreement. But seven out of 10 would still support Canada signing such an agreement.
GILBERT NGABO/METRO

LATE NEWS

CBC reported on Sunday night that only women, children and families would be included in Canada's 25,000 Syrian refugees. No unaccompanied men will be allowed, it said, due to security concerns.

Up to 900 refugees a day will arrive from Turkey, Jordan and Beirut. The vast majority of them will arrive in Toronto and Montreal.

Sources say most of the newcomers will initially be housed in military bases.
CBC NEWS/METRO

STUDY

Known killers get lighter sentences

Men who kill their female partners are more likely to be criminally convicted than men accused of killing strangers — but they also tend to get lighter sentences, a Canadian study concludes.

The research, being published in the journal Current Sociology, finds that men who kill their wives, girlfriends or other female family members are handed shorter prison terms than men who kill strangers.

In fact, according to the findings, men who kill women they know are treated more leniently at most stages of the criminal-justice process, such as facing fewer charges of first-degree murder.

Study author Myrna Dawson, an associate sociology professor at the University of Guelph, calls it the "intimacy discount."

"This may mean that women killed by male partners are still seen as property and, as such, these femicides are not treated as seriously as other femicides," the study states.
THE CANADIAN PRESS

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The terror threat is wider than just that person.
Interior Minister Jan Jambon on Salah Abdeslam and additional suspects believed to be in the Brussels area

Soldiers stand guard in front of the central train station in Brussels on Sunday, as the Belgian capital remained on top alert over fears of a Paris-style attack. EMMANUEL DUNAND/AFP/GETTY IMAGES

Canadian embassy in Belgium closes

Paris

Police detain 16 people in 22 raids; one man still at large

Canada has closed its embassy in Brussels until further notice as the Belgian capital remains on high alert for a possible terror attack.

The embassy will provide emergency counsular services only, according to an update on the federal government's travel advisory website.

Belgian prosecutors announced early Monday that police had detained 16 people in 22 raids but that Paris fugitive Salah Abdeslam was not among them.

Federal prosecutor Eric Van Der Sypt said that "no firearms or explosives were discovered," in the raids — 19 in Brussels and three in Charleroi in the country's south. One of those detained was injured when a car he was in tried to ram police during an attempted getaway.

"The investigation continues," Van Der Sypt said.

The raids capped a tense day with hundreds of troops patrolling and authorities hunting for one or more suspected militants, the Belgian government chose Sunday to keep the capital on the highest state of alert into the start of the workweek to prevent a Paris-style attack.

Citing a "serious and imminent" threat, Prime Minister Charles Michel announced that schools and universities in Brussels will be closed Monday, with the subway remaining shut down, preventing a return to normal in the city that is also home to the European Union's main institutions.

"We fear an attack like in Paris, with several individuals, perhaps in several places," Michel said after chairing a meeting of Belgium's National Security Council. THE ASSOCIATED PRESS

SOCIAL MEDIA

When Belgian authorities asked people to stop commenting on ongoing police operations in social media to avoid tipping off suspects during Sunday's raids, people unexpectedly responded by tweeting cat pictures. The hashtag #BrusselsLockdown suddenly shifted from serious to humorous tweets, with a flood of pictures of cats holding their paws up as captured suspects and ignoring police warnings to stay away from windows.

ATTACKS

Fugitive details begin to unravel

French police and prosecutors, friends and families, and journalists have unveiled details about those accused of carrying out the attacks in Paris. Altogether, authorities say that three teams participated in the bloody assault. At least one suspected participant remains at large.

French investigators identified Belgian-born Abdelhamid Abaaoud as the architect of the Paris attacks. A U.S. official said Abaaoud was a key figure in an Islamic State of Iraq and the Levant (ISIL) external operations cell that U.S. intelligence agencies have been tracking for months.

How and when Abaaoud entered France before his death remains unclear.

Salah Abdeslam is sought as a suspected accomplice in the attacks and is described by French police as highly dangerous. He is the suspected driver of a group of gunmen during the attacks. Authorities identified him as the renter of a Volkswagen Polo that carried hostage-takers to the Paris theatre.

Officials said Abdeslam entered Austria from Germany on Nov. 9 with two unidentified companions. THE ASSOCIATED PRESS

Airstrikes pushing Syrian troops ahead

RUSSIA

Attacks on ISIL helping almost on every front: Bashar Assad

Syrian President Bashar Assad says his forces are advancing on "almost" all fronts thanks to Russian airstrikes that began nearly two months ago and have tipped the balance in his favour in some parts of the country.

In remarks published Sunday, Assad told China's Phoenix Television that the Russians depend on Syrian ground forces and "co-operate with us." He added that Syrian troops had achieved victories in some areas before the strikes began but "could not be present everywhere in Syria."

Russia, which has conducted an air campaign in Syria since Sept. 30, sharply raised its intensity in recent days on President Vladimir Putin's orders after Moscow said it had confirmed that a bomb brought down a Russian plane over Egypt's Sinai Peninsula, killing all 224 people on board.

Syrian President Bashar Assad says the Russian air raids are more effective than those of the U.S.-led coalition because Moscow is collaborating effectively with his government.
THE ASSOCIATED PRESS

PRESIDENCY

Asked if he is going to run for president again if early elections are held, Assad said: "It is my right but it is early to say whether I will run or not." He added that "I will not say that I will not run if I see that this is needed."

"Following the participation of Russian air force in fighting terrorism, the situation improved well. I can say that the army now is advancing almost on every front," Assad said in the interview. Assad said the Russian airstrikes are more effective than those of the U.S.-led coalition because Moscow is co-ordinating with his government, saying "you cannot fight terrorism with airstrikes alone."

A peace plan agreed to last weekend by 17 nations meeting in Vienna says nothing about Assad's future, but states that "free and fair elections would be held pursuant to the new constitution within 18 months."

To clarify the timeline, the U.S. State Department said last week that the clock starts once Assad's representatives and opposition figures begin talks on a constitution. The vote would determine a new parliament, though not necessarily a new president.
THE ASSOCIATED PRESS

UNITED STATES

'Do not succumb to fear': Obama

Trying to reassure a nation on edge, U.S. President Barack Obama said Sunday the Islamic State of Iraq and the Levant (ISIL) "cannot strike a mortal blow" against the U.S. and warned that overreacting to the Paris attacks would play into extremists' hands. "We will destroy this terrorist organization," he vowed.

Ending a trip to Asia, Obama implored Americans not to let the spectre of terror cause them to compromise their values or change the way they live.

"We do not succumb to fear," he said. "The most powerful tool we have to fight ISIL is to say that we're not afraid, to not elevate them, to somehow buy into their fantasy that they're doing something important," Obama said.

U.S. President Barack Obama has vowed to 'destroy' ISIL.
AFP/GETTY IMAGES

"I think it is absolutely vital for every country, every leader, to send a signal that the viciousness of a handful of killers does not stop the world from doing vital business," Obama said.

Obama also said there was an "increasing awareness" by Russian President Vladimir Putin that ISIL is Moscow's gravest threat in the Middle East.

Putin "needs to go after the people who killed Russia's citizens," Obama said. The two met last week during an economic summit in Turkey.
THE ASSOCIATED PRESS

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Tensions rise at Macedonia border

PROTESTS

Some countries say only 'war-zone refugees' will be allowed

Migrants barred from crossing the Greece-Macedonia border held a fourth day of protests Sunday, as Macedonia's president criticized the European Union over the refugee crisis for a lack of financial support and data sharing.

The influx of migrants into Macedonia has heightened tensions in the country, President Gjorgje Ivanov said.

"The risk of possible conflict between refugees and migrants, the migrants and police and army, and between migrants and local people is rated as high," Ivanov told reporters Sunday after meeting with visiting European Council president Donald Tusk in Macedonia's capital, Skopje.

Refugees wait to be allowed by the Macedonian police to cross the borderline to Macedonia, near the Greek village of Idomeni, Sunday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Several European countries, including EU members Slovenia and Croatia and non-members Serbia and Macedonia, have declared they will only allow "war-zone refugees" from Afghanistan, Iraq and Syria to transit through their countries on their way to central and northern Europe.

This policy has left many others stranded in the Greek border town for four days, demanding to be let in and chanting slogans such as "Freedom!" and "We are not terrorists."

On Sunday, an Iranian man threatened to cut his wrists with a razor if not allowed into Macedonia.

Police intervened to disarm him, but, in the scuffle, he cut his face.

The number of migrants being barred from entering Macedonia has fallen significantly Sunday, from more than 2,000 to around 1,300 in the early evening.

Many of them took buses and taxis to Athens and Thessaloniki. Greek police believe they may be trying to find other routes, including with the help of smugglers. THE ASSOCIATED PRESS

1,300

The number of migrants bring barred from entering Macedonia Sunday.

MALI

Hotel attack delays peace negotiations

The assault on a luxury hotel in Mali's capital that killed 19 people was a clear attempt to derail a fragile peace process meant to stabilize the country's volatile north, a representative of northern separatist groups said Sunday.

Halting peace negotiations have been dragging on between the central government and northern separatist groups for more than two years in an effort to end the disputes that turned large sections of the country into a haven for radical Islamic militants. The talks have shown some promise in recent months.

The Radisson Blu hotel attacked by two gunmen on Friday was preparing to host a meeting on implementing the latest accords.

"The attack was targeting the peace agreement," said Sidi Brahim Ould Sidati, a representative of the Coordination of Azawad Movements, known by its French acronym CMA. The CMA is a coalition of groups seeking autonomy in northern Mali and includes ethnic Arabs and Tuaregs.

"The jihadis are in different groups but their goal is the same, and that's to hinder implementation of the peace accord," Sidati said. THE ASSOCIATED PRESS

IN BRIEF

Palestinian stabs Israeli woman to death

A young Israeli woman was stabbed to death by a Palestinian who was among three assailants to be shot dead following separate attacks Sunday, Israeli security forces said, with the latest flare-up of violence coming ahead of a visit by U.S. Secretary of State John Kerry. The 21-year-old Israeli woman was seriously wounded when a Palestinian attacked her with a knife in the West Bank Sunday before being shot and killed by soldiers nearby, the military said. Dr. Ofer Merin of the Shaare Zedek Medical Center in Jerusalem said despite attempts by medics to save her, she succumbed to her wounds. THE ASSOCIATED PRESS

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What's in a symbol? Doctors in Boston are calling on colleagues to ditch white coats. The sleeves can pick up germs and body fluids, and one study showed most docs rarely wash them.

Metro MONDAY POLL

A win for Winnipeg?

Visit metronews.ca **every Friday to have your say.**

Humble Winnipeg, a multicultural, complex but undeniably chilly urban area of almost 800,000 people, was the only Canadian city chosen by National Geographic this year as one of the best tourist destinations of 2016. We asked our readers what city they would choose if they were giving out the prize and how much of our great country they have explored.

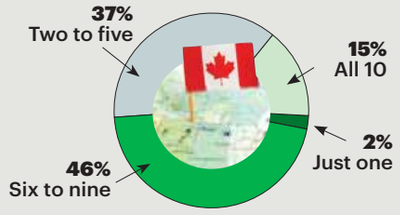
1 Which Canadian city most deserves the honour of "best destination"?

21% Halifax
16% Vancouver
14% Toronto
11% Montreal
8% Quebec City
5% Ottawa
4% Victoria
4% Winnipeg
4% St. John's
3% Calgary
3% Niagara Falls, Ont.
2% Edmonton
1% Charlottetown
4% Other

Whitehorse, Yukon
Banff, Atla.
Nanaimo, B.C.
Longue-Pointe-de-Mingan, Que.

WE ASKED Metro readers

2 How many Canadian provinces have you been to?



3 What's the best thing Canada has to offer tourists?

54% Natural wonders
15% Arts and culture
9% Events and festivals
8% Exciting cities
4% Skiing and snowboarding
4% Cuisine
2% Fishing and hunting
1% Cruises and tours
3% Other

The hospitality of our people
Our multicultural makeup
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I'm fine with grounding Porter's plans for jets

TORY'S TORONTO

Matt Elliott

After new federal transportation minister Marc Garneau announced recently that he wouldn't reopen the tripartite agreement governing Billy Bishop Island Airport — grounding Porter Airlines' controversial plan to fly jets — some observers seemed to take the news pretty hard.

"What happened to fact-based decision making on island airport?" lamented a Toronto Star editorial. Others saw the move as an affront to free enterprise, patriotism and our god-given right to fly long distances from the island without having to connect in dirty old Newark.

Even as a guy who frequently flies Porter, I'm not sympathetic. No one should be crying over the island airport.

First, it should have come as no surprise that the new government is opposed to the jet plan. That writing was on the wall the moment they recruited airport foe Adam Vaughan to run for the party.

Second, it's important to remember that the process that led to this point was hardly reasonable and evidence-based.

The whole notion of using jets emerged out of nowhere, when Porter CEO Robert Deluce penned a letter to then-mayor Rob Ford on April 22, 2013 asking Toronto City Council to simply vote — within three months — for an exemption to the commercial jet ban on the island.

The request sent public servants and consultants down a rabbit hole that produced hundreds of questions about the logistics of airport expansion.

And don't be fooled: Expansion was always the real issue. Had Porter been able to swap out their existing prop planes for quiet jets with no material changes to the airport and with no increase to passenger volume, I'd be hard pressed to care.

But with jets come expanded runways, and a lot more passengers. In a March presentation, PortsToronto projected future annual passenger volumes would increase from a peak of 2.7 million with the status quo to 4.1 million with jets.

Those extra passengers would tax nearby infrastructure. In 2013, city staff estimated preliminary costs of up to $300 million to expand and widen roads near the airport. It's doubtful that any of those changes would be compatible with Waterfront Toronto's revitalization vision.

It's also unclear who would pay that bill — but you can make a pretty good guess.

All this, it should be noted, is evidence. As much as some have complained that Garneau circumvented an evidence-based process, there's no shortage of data in this debate.

What's missing is a compelling reason to go forward. From day one, Porter shortchanged this process with unrealistic timelines and a sales pitch that underplayed the logistics and costs of expansion.

If Deluce wants to try again — with studies conducted on Porter's dime — then nothing precludes that. But until then, I'm just fine leaving his plans on the ground.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metroview

Terrorism doesn't just happen to people in "those places"

Michael Coren
For Metro

As I end my three weeks in Europe, I can't help reflecting on one particular issue: the hierarchy of suffering. Not merely because of its moral implications, but also because of what it says and then dictates about Western foreign policy.

While it is irresponsible and indeed cruel to downplay in any way the horrors that occurred in Paris — and I have a personal connection to the tragedy — we need to remember that massacres are hideously common, sometimes a weekly occurrence, in many parts of the world. Just the day before the French monstrosity, almost 50 people were killed in Beirut and four times as many badly wounded. Last month in Baghdad, 24 people were slaughtered and twice as many wounded. And just a few months ago at a university in Kenya, 147 young people were murdered.

In 2014 I wrote a book about terrorism in the developing world, and the scale and the crippling regularity of it all was often beyond comprehension. While it's facile to attribute our double standard to racism, it does expose a collective numbness that we have developed in the West. If we're honest about it, we simply assume that this is what happens in "those" places but not in Paris, London or, God forbid, Toronto or Montreal.

It's disturbing on many levels, but it's also plain wrong. Cities like Damascus and Beirut used to be safe and secure. I know the region and generally felt safer in Lebanon than much of the United States.

Paris, on the other hand, has witnessed grossly violent revolutions and upheavals for centuries. Religious mass murder in the 16th century, class warfare of incalculable proportions in the 1790s, bloody uprisings in 1830, 1848 and 1870, Nazi occupation in 1940 and colonial wars in the early 1960s.

So when Arabs and Africans offer sympathy for our pain but ask for some reciprocal concern, we should try to appreciate their sensitivities. To put in bluntly, in spite of what we might think, our lives are not more important than theirs.

And this, perhaps, lies at the heart of why we have a problem in the first place. Western foreign policy is of course based on self-interest, and that is entirely understandable, but it leads us to bomb and invade which in turn leads to anarchy and terrorism. I am not trying to justify even a tincture of ISIL's sadism, but I do believe that a different approach to "the other" might benefit all of us. To intelligently respond rather than viscerally react is not a sign of weakness, but of strength and wisdom.

A different approach to "the other" might benefit all of us.

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PHILOSOPHER CAT
by Jason Logan

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Financial planning for coinciding milestones

It is not uncommon for Canadians to find themselves in a financial trifecta — wedding, new home and starting a family — all within a few years. According to a recent TD survey, only four in 10 (39 per cent) of Canadians say they've properly budgeted or are properly budgeting for having their first child, while about half say they were or are financially prepared for buying a home (56 per cent) and marriage (51 per cent).

While budgeting and paying for these milestones can seem overwhelming, having a financial plan in place can help manage the financial impact of these significant life moments, whenever they occur.

Lee Bennett, senior vice president, TD Wealth Financial Planning, offers a few key tips on how to plan for life's big moments and your future:

- **Understand your goals:** Knowing the key goals you want to achieve in life is an important first step and will help you decide the best course of action. Think about what you want to accomplish over the next few years to help determine those goals.
- **Develop a roadmap:** To help ensure you are on the right track to reaching your goals, meet with a financial planner to create a plan that's unique to your situation. It's important to review it regularly, as your life changes, to help ensure you're factoring in new milestones.
- **Start saving early:** No amount is too small to put away – for example, making regular contributions in a TFSA will allow you to use the savings towards a wedding, new home or costs associated with a new baby.

Being financially prepared can allow you to better enjoy each and every moment of life's milestones — planned or unexpected.

QUESTIONS FOR YOUR FINANCIAL PLANNER

Lee Bennett, senior vice president, TD Wealth Financial Planning, says it's important to ask yourself some key questions before you meet with a financial planner. Some questions to consider include:

1. How do I handle multiple milestones occurring at the same time?
2. Is it smarter to plan a wedding or buy a home first?
3. What costs should I factor in when contemplating buying a home?
4. How much do I need to save to comfortably enjoy a parental leave?

Savvy Saver Quiz:

Are my finances on track?

Whether you're a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD's Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started …

Expenses & finances

What does your emergency fund look like?

a. Emergency what?

b. I'm just getting started but have some money set aside.

c. In decent shape – I've got three months' salary stashed away.

d. I've got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

a. I'm living paycheque-to-paycheque because of my entertainment spending.

b. I sometimes go overboard with my entertainment spending.

c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.

d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

a. Investments?

b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I'm thinking about getting other investments, too.

c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.

d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress? Take the full quiz at **metronews.ca/tdsavvysaver**.

metro LIFE

Your essential daily news

Wilco frontman Jeff Tweedy penning 'funny, disarming and honest' memoir

Get to know this motley crew of Defenders

With the arrival of Marvel's Jessica Jones, the second moody superhero series to premiere on Netflix after Daredevil, Marvel's streaming universe is beginning to take shape. Four standalone superhero series will ultimately converge in The Defenders, a miniseries with Avengers-size ambitions. TORSTAR NEWS SERVICE

Daredevil

Last year, if you knew nothing about Daredevil, you knew it was an unfortunate Bennifer-era Ben Affleck movie. But when the series premiered on Netflix in April, the blind lawyer throwing punches in the street delivered all the gravitas and grit that fans of the comic demanded. "When I go to (comic-book) shows and I talk to my nerd friends, they are all loving it," says Kevin Polidano, a.k.a. comic-restorationist. "A lot of them say that Daredevil is the best comic-book adaptation they've seen yet." Season 2, premiering in 2016, will introduce another grizzled hero, The Punisher.

Luke Cage

There's no cutesy will-they-or-won't-they between Jessica and Luke Cage: they will-and-they-do in the first episode of Jones. Cage was the first African-American to get his own Marvel title in 1972, complete with jive-talkin' dialogue, his signature "Sweet Christmas!" as a curse word. "Luke Cage was a pure 100 per cent blaxploitation character," says Doug Simpson, manager of Toronto's Paradise Comics. "Big yellow puffy shirt, chain belt, afro." Romantic tension between Jessica and Luke ultimately lead to a super-wedding in the comics.

Iron Fist

Like Cage, Iron Fist was a product of the '70s. "(Marvel) wanted someone they could make kung-fu books about because kung-fu movies were popular," says Simpson. Hence the Tibetan monastery-trained martial arts expert with a chi-charged punch. Comic fans have questioned how Marvel and Netflix will balance Fist's mysticism with the realism of their other characters, but Polidano feels it would bring something original to the group. "All teams have their stock characters," he says. "You need your strongman, you need your scientist, you need the person who can fly, and you need the person who can tackle those mystical threats."

The Defenders

Don't expect this Defenders to resemble the Marvel team of Hulk, Sub-Mariner and Doctor Strange that launched in 1971. "They had increasingly more C-list heroes that would join up," says Cliff Caporale, program director at Ottawa Pop Expo, which took place over the weekend at Ottawa's EY Centre. "I don't have a story to tell for Valkyrie, let's say. She exists, let's use her in Defenders, and bring in these characters that don't necessarily belong together." Opposed to the government-sanctioned Avengers, Simpson calls the Defenders a "group of mismatched heroes who are dealing with crime at street level."

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Filmmaker Charles Wilkinson says Haida Gwaiians are creating a sense of community that looks forward with anticipation rather than the fear many other communities feel. COURTESY CHARLES WILKINSON

Hope from the edge of the world

DOCUMENTARY

Haida people are building a better future

Graeme McRanor
For Metro | Vancouver

You'd think it would be hard to find similarities between Haida Gwaii and New York City, the former a remote archipelago with 5,000 residents on British Columbia's North Coast, the latter being, well, New York City.

Each wild, in very different ways. But to Charles Wilkinson, who recently spent time both filming and subsequently screening his documentary Haida Gwaii: On the Edge of the World, the two locales share a common zeal.

"In both places, people feel it's a privilege to live there, and they love where they live," he says.

"New Yorkers, largely, are passionate about their city and Haida Gwaiians are just flat-out passionate about their archipelago. And it's really cool to be in a place that people care about, as opposed to a place where people are just living because they can get a good job there."

Haida Gwaii is one of the few places in North America where natives outnumber (and out-vote) non-natives. The film profiles a unique, inspired community that's striving to undo damage done by a century of relentless resource extraction.

"They've taken such intelligent steps, working together, to create a sense of community there that does look forward, and it looks forward with hope and anticipation rather than the terrified negativity that so many other communities feel," Wilkinson says.

After coming off two environmentally themed projects (Peace Out, Oil Sands Karaoke) that skewed towards pessimism, such contagious optimism was what drew Wilkinson and his partner (in life and "crime") Tina Schliessler to the islands.

"I see the three films as being all part of the same conversation," he says. "(But) the first two films of the series ended up being kind of depressing. So we were looking for something with hope on the horizon.... People have seen how badly we're doing. They're shell-shocked. It's like PTSD. I think we need some sense that we do have the power to change things.

"That's what we really wanted to do — provide some kind of roadmap for how one group of people have managed to seize some kind of control over their own destiny."

It is a group, Wilkinson says, that has endured 10,000 years of changing sea levels, climate change and cultural genocide. Now they're "working to turn their economy around, stop the fleet of oil-laden tankers targeting their sea lanes, and restore balance to the islands for the next generation — or die trying."

Because everything is connected to everything. As Allan Wilson, Haida hereditary chief, explains in the film, "We don't own the animal kingdom. It's a part of us. It's family. Because everything has its part. And every part has its value. And every value contributes to our life."

SEE IT

Award-winning film
Haida Gwaii: On the Edge of the World won Most Popular Canadian Documentary at this year's Vancouver International Film Festival, Best Feature at Ottawa's One World Film Festival, and Best Canadian Documentary at Hot Docs International Film Festival.

It is currently screening at the Bloor Hot Docs cinema in Toronto.

GRAEME MCRANOR/FOR METRO

DRAMA

Karl Glusman talks nudity, porn and Noé's rank T-shirts

Ned Ehrbar
Metro | Hollywood

Karl Glusman knew he was taking on a unique acting challenge when he signed up for Gaspar Noé's Love, an explicit look at the romantic and sexual life of a couple featuring full nudity and actual intercourse. But at least Glusman has gotten over the idea that audience members who meet him are just thinking about him naked.

You're playing a character that seems so in line with Noé.
I mean, he wears a jacket to interviews that I literally wore in the movie. I was often wearing Gaspar's T-shirts, which were unwashed and smelling of him. Sometimes he didn't like the jeans I was wearing so he'd say, "Let's switch pants real quick." He was often stealing my belts. I was wearing his clothes and not trying to do an imitation of him but trying to channel things that he would say. The movie, for him, is a very personal piece. He wanted to make something that really depicted in a very honest way the way he has experienced loving relationships and heartbreak.

What kind of smell are we talking about?
The man doesn't wear deodorant, so we're talking funky.

Gaspar has quite a reputation. How did you find him?
I know at times he has this reputation for being a sick, deranged provocateur, but he really is a sweet guy. I had some reservations in the beginning, and when I first went to Paris I was a little creeped out by him because I thought I was meeting some, like, dirty porno director. But then I saw how he was with his godson, this child, and that was kind of the moment where I thought, "This guy's OK."

Gaspar Noé's latest film, Love, features full-frontal nudity and real sex. HANDOUT

Speaking of reservations, how much did you have to get over before taking it on?
A lot, a lot. I never was comfortable undressing in front of people. I never have before, this was the first time — and probably the last, at least for a long time. I think I covered my bases (laughs).

Unless people start going, "Get that guy, he'll get naked."
I know! That's the thing, I don't want to be that box of cereal. You want to be surprising and different in every role. I definitely had to work up the courage to do this because I had colleagues and friends who said, "This is going to be a disaster for your career if you do this." But it felt daring, and as an actor you want to do things that are out of your comfort zone. I looked up the definition of pornography when thinking about this, and I found something that said it's primary purpose is for sexual arousal and for masturbation. I don't think you can really call our movie a porno unless people are masturbating in the theatre. I mean, that would be flattering if they were, but I haven't heard of that happening yet.

ISTOCK

TRENDS

Cineplex is testing out seat reservations at Varsity Cinemas

Peter Howell
Torstar News Service

My favourite seat in a movie theatre is in the very back row, the area the Vaudevillians called the "peanut gallery." I can see the entire screen from up there and also stretch my long legs down the stairs.

I avoid the front row, as do most moviegoers, because I dislike the feeling of being jammed up against the screen, craning my neck and wobbling my head back and forth to see the action. It's my seating of last resort.

If I had my druthers, I'd rip out the first three rows of every theatre, so that you'd never wind up having to sit so close. This would free up space for people to move around, reducing the jams that occur at the end of screenings when everybody bolts for the exits.

This would evidently not please a small but passionate group of people who prefer the front row, most of them much younger than my 59 years.

"You can tell the age of a theatregoer by where they sit in the auditorium," says Pat Marshall, vice-president of communications for Cineplex Entertainment, Canada's largest movie theatre chain.

"The younger they are, the closer they go to the screen. The older they get, the farther back they go. People truly have a different perspective. Some like centre-centre. Other people like to be on the aisle. Other people like to be up front, and other people way at the back. So it is very subjective."

There are also practical reasons why some moviegoers might prefer the front row. Say you're nearsighted and forgot your glasses at home. Or it's a premiere screening and you're hoping to be close to any talent who might show up.

But some people really do just like the view better from down there.

Front-row filmgoers have a champion in David Bordwell, the esteemed film scholar and professor at the University of Wisconsin-Madison. He's 68, a notable exception to Marshall's maxim about youthful inhabitants of the row Bordwell calls the "raccoon lodge."

He extolled the front of the house in a 2011 online essay "Down in front! Notes from the Raccoon Lodge" that introduced a term to my movie lexicon: "saccadic sweeps."

That's what your head does as it scans from side to side to take in all the action. The wider the screen, the more Bordwell likes it: "CinemaScope and Cinerama give your eyeballs a real workout."

I'll skip the saccadic sweeps, thanks, and also the eye and neck strain that follows every occasion when I'm forced to sit in the front row, as I did for an IMAX showing of The Dark Knight Rises a few years back.

But I have to admit, from my lofty perch in the peanut gallery, that lately I have been casting covetous glances at the middle of the theatre. A new and more plush seat is being tested at Varsity Cinemas in the Manulife Centre, where I watch most of my movies. They're in the two middle rows in select auditoriums where patrons can reserve online to guarantee a seat, for a $2-per-ticket surcharge. It's similar to paying for extra legroom on an aircraft.

It's called Cineplex Prime, the new name for an arrangement that used to be called Cineplex Select, when the seating experiment began last year. The name was recently changed because "we discovered it was confusing to people to read 'select your Select seat' on our website," Marshall says.

I expect it would also be confusing, not to mention frustrating, to encounter reserved seats in the middle of a movie theatre, a place thought of as an egalitarian preserve.

Marshall reminds me that Cineplex has long offered reserved or assigned seating in its VIP, IMAX and UltraAVX theatres. It also has four primary seat styles: traditional, VIP, UltraAVX and Prime, offering variations on space, comfort and swiveling, plus premium D-Box seats that move in time to the action.

The Prime seating concept, which is still considered very much an experiment, "is a result of the tremendously positive feedback we received from other concepts where we offer reserved seating," she says.

But people are still getting used to Prime seats, which tend to blend in with the non-reserved ones. People without Prime tickets sometimes have to be asked to move, Marshall says, but in our very Canadian way, there have been no reports of any serious confrontations.

She adds that those who have tried Prime seem pleased with the comfort and also the convenience of a guaranteed centre seat for such popular films as Spectre and The Martian.

If the experiment works, it may expand to more theatres amongst Cineplex's 162 locations across Canada (21 in the GTA alone). The per-theatre Prime allotment will remain a fraction of the available seats, however, so moviegoers with general admission tickets will still have lots of spots to choose from.

"We have different seats because we're trying different things," Marshall says.

"We're always looking to provide the best experience possible."

SEATS, RECEIPTS

A guide to seating tiers at Cineplex's Toronto theatres

Traditional
- The standard plush seat, with no extras.
- Adult ticket: $12.99

Prime
- A step up in luxury, in a prime location, with reserved seating. Now being tested at the Varsity Cinemas.
- Adult ticket: $14.99

UltraAVX
- Roomy, reclining seats, combined with superior sound and a bigger screen.
- Adult ticket: $15.99

VIP
- The most luxurious seating option, with leaning leather loungers equipped with mini-tables for the in-seat dining service.
- Adult ticket: $19.99

PETER HOWELL/TORSTAR NEWS SERVICE

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Pest Control Product Uses report for City of Toronto Golf Courses

Community Meeting

City of Toronto staff will present its Annual Report on Class 9 pesticide use as required by Ontario Regulation 63/09 under the Pesticides Act. The Annual Report summarizes the use of Class 9 pesticides used in 2014 at the following City of Toronto Golf Courses:

- Dentonia Park, 781 Victoria Park Ave.
- Don Valley, 4200 Yonge St.
- Humber Valley, 40 Beattie Ave.
- Scarlett Woods, 1000 Jane St.
- Tam O'Shanter, 2481 Birchmount Rd.

Date: Monday, November 30, 2015
Time: 5 to 7 p.m.
Location: Don Valley Golf Course, Clubhouse, 4200 Yonge St.

Interpretation services may be arranged with at least one week's notice in advance of the meeting date.

For more information, please contact: Daniel Coote, Supervisor of Golf 416-392-2479 or dcoote@toronto.ca.

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

Alessia Cara's Here to show she's real

DEBUT ALBUM

Canadian teen scores record deal based on YouTube covers

Alessia Cara is quickly emerging as a breakout teen star but the singer is determined not only to avoid the pitfalls of celebrity, but to serve as a champion for those who feel out of place.

The 19-year-old won unexpected fame from her bedroom in suburban Toronto starting five years ago as she posted cover songs on YouTube, turning her rich soul voice on hits from artists including Lorde, Amy Winehouse and Taylor Swift, who recently invited her to perform at a concert.

Singer-songwriter Alessia Cara released her first album Know-It-All this month. MARK DAVIS/GETTY IMAGES FOR DICK CLARK PRODUCTIONS

Tongue-in-cheek

The covers, accompanied by tongue-in-cheek but strikingly accurate impressions of famous singers, led to a record deal with Def Jam, a prominent label best known for hip-hop, and Cara has spent the last two years writing an album.

Despite her fan base among teens, Cara picked the mature-sounding Here as the first single off Know-It-All, her debut album released on Friday.

On Here, set to an Isaac Hayes soul sample also used in the 1995 song Glory Box by English trip-hoppers Portishead, Cara sings with poise of her dread at a party "under clouds of marijuana" and loud but dull music.

"Excuse me if I seem a little unimpressed with this / An anti-social pessimist, but usually I don't mess with this," sings Cara, in a voice that brings memories of Winehouse.

Single-minded

Cara insisted on Here as the first single, even though "everybody said it's not really safe enough for radio."

"I said I didn't care," she told AFP after an album release party held, appropriately, at YouTube's studio in New York.

"It showed a side of my personality and it was a good introduction to me as an artist," she said.

"I didn't want to be placed in an automatic category of 'teen pop star' ... the usual stupid comparisons. I wanted to steer away from that and show people that I'm real."

Viral hit

The song built slowly into a viral hit after its release in April, fuelled by its popularity online.

Here has been streamed more than 65 million times on Spotify and viewed more than 21 million times on YouTube.

Cara credited the song's success to fans who quietly nodded to the message of social isolation at parties, a theme comparatively rare for mainstream teenage pop.

"They feel like I've given them a voice or a platform to say — 'We feel the same way. We're not feeling it either,'" she said.

'Terrified' of fame

Cara said she was determined not to wade too far into the minefields of celebrity life.

"I'm not interested in the whole fame side of things and I'm not interested in the spotlight," she said.

"I know a lot of artists say that, but I do mean it. I'm terrified of it.

"I think you've just got to keep the right people around you and hope for the best, and just hope you don't wind up like some other people who have unfortunately fallen to their demise a little bit," she said with a laugh.

Winehouse effect

Yet Cara cites as a model a musician who had a notoriously troubled and brief life

Cara said that Winehouse offered an emotional poignancy with her tales of heartbreak, which the Canadian teenager had not felt directly.

"That's when I realized the power of music. I could feel something I've never gone through before." AFP

GOFUNDME

Amen! Sampling justice dealt

Alan Cross
For Metro Canada

In 1969, a DC soul outfit called The Winstons released a single called Color Him Father, which reached No. 2 on the Billboard Hot 100 and won a Grammy for Best R&B Song the following year.

The B-side of that single received almost zero attention. Ten years later, though, that forgotten song dramatically changed the course of music.

Amen, Brother was an instrumental that riffed on a piece entitled Amen, written for a 1963 film entitled Lilies of the Field and then covered by The Impressions in 1964.

Once The Winstons recorded it, they immediately forgot about it — until they started hearing it again and again.

Starting in about 1980, a six-second snippet of the song — a drum break played by GC Coleman — began turning up in rap recordings.

As the decade progressed, these four bars were surgically excised from Amen, Brother and implanted into dozens, then hundreds and then thousands of new songs.

The Amen Break, as it became known, crept into hip hop, breakbeat, jungle, electronica, drums and bass, techno, industrial music, pop and rock as an often greatly manipulated loop of beats.

A snippet from the song Amen, Brother has been widely used, but until recently, its creators didn't receive any financial compensation. HANDOUT

Coleman's beat was fed into digital recording software and sped up, slowed down, stretched, distorted and otherwise manipulated.

Checking the WhoSampled database, the Amen Break has been used in no fewer than 1,871 songs, ranging from NWA and The Prodigy to Slipknot and Janet Jackson. You have most definitely heard it.

And how much were The Winstons compensated for having a piece of their song used as the basis for so many others?

What did they earn for helping to change the face of music?

Zero. Nothing.

The Winstons' Richard Spencer — the holder of the copyright — could only shrug in dismay at this plagiarism.

It was flattering that so many people found these six seconds to be so useful, but shouldn't a little cash have come back to him?

Meanwhile, GC Coleman, the man who actually played those beats, died homeless in Atlanta in the fall of 2006.

A couple of British DJs, Martyn Webster and Steve Theobald, understood the injustice of the situation so they set up a GoFundMe campaign to raise some cash as compensation. People responded graciously.

Earlier this month, Richard Spencer was presented a check for £24,000 (about $50,000 CAD). Hey, it's only a fraction of what's owed, but at least it's something, right?

For more, go to AJournalofMusicalThings.com or follow me on Twitter @alancross.

JOHANNA SCHNELLER **WHAT I'M WATCHING**

The evil of banality is addictive TV

VANDERPUMP RULES, SEASON 2, EPISODE 5 (SLICE)

In this reality show about glossy people who work at the L.A. restaurant Sur, waitresses Stassi and Kristen are choosing an outfit for Kristen's passport photo. Kristen's grooming is — well, picture makeup that would look overdone at the Oscars, and then double it.

"I'm 30 years old and I've never had a passport," Kristen uptalks. "It's crucial that this is the best photo ever taken."

Stassi's phone rings. It's Jax, their bartender colleague.

He's in the hospital; he found a lump in his immaculately muscled chest.

"You're there alone? That is so sad," Stassi says.

She hangs up. She and Kristen stare at one another. Then they return to choosing clothes.

This series is nothing but such moments, a shiny showcase for the evil of banality.

Sur isn't merely a restaurant owned by the frozen-faced Lisa Vanderpump, a Real Housewife of Los Angeles.

It's the portal to Hell, and its employees have crawled up to embody the deadly sins Vanity and Stupidity.

The women of Vanderpump Rules are all slight variations on Bad Barbie. HANDOUT

Their commitment to hideous behavior is addictively fascinating.

The men are forever stripping off their shirts for the handlebar cams mounted on their bicycles; when they're not shit-disturbing, they're inventing shit to disturb.

The women — all (slight) variations on Bad Barbie — are worse; in episode 209, two of them bray, "No, you shut the f— up" at one another for several minutes.

This is what it looks like when everyone gets to be famous for 15 minutes, and it isn't pretty.

Even with all that grooming. Ew, gross.

Also, why was there a piano player and a mic at the ready for his impromptu performance?

And another also: Great. Now Bieber has ruined My Girl for me — both the song and the Anna Chlumsky movie. Sheesh.

OLD FLAMES

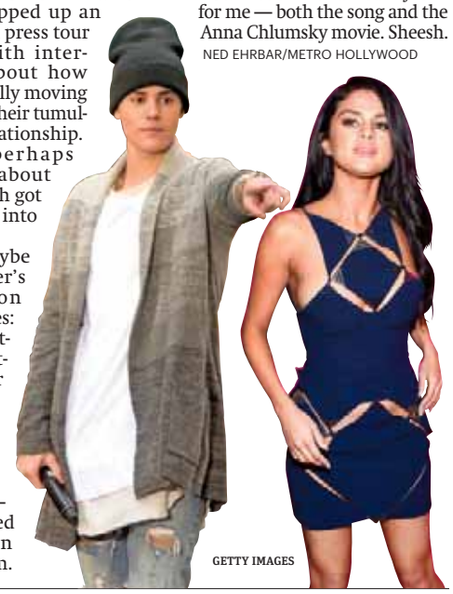
Bieber serenades Gomez with My Girl

NED EHRBAR/METRO HOLLYWOOD

Just when she thought she was out, he pulls her back in. Justin Bieber was spotted out at the bar at the Montage Hotel in Beverly Hills this weekend with none other than ex-girlfriend Selena Gomez — who just wrapped up an extended press tour filled with interviews about how she's finally moving on from their tumultuous relationship.

But perhaps talking about it so much got her back into the idea.

Or maybe it's Bieber's seduction techniques: An eyewitness spotted Bieber serenading Gomez with My Girl at their table — and shared video on Instagram.



GETTY IMAGES

GOSSIP DYNAMIC DUOS AND POSSIBLE SPLITS

JLaw and Adele hanging out again

Adele was spotted getting some quality hang-out time in with Jennifer Lawrence and her Hunger Games guys Liam Hemsworth and Josh Hutcherson this weekend at New York's Waverly Inn — which is still, apparently, a thing. This team-up is not unprecedented. Perhaps you don't remember back in January when the two ladies made a drunken scene throwing olives at people at a restaurant in L.A.?

NED EHRBAR/METRO HOLLYWOOD

Kylie Jenner maybe dumped Tyga

The big talk around the Kardashian junior varsity locker-room this weekend was that Kylie Jenner had abruptly dumped Tyga — and on his 26th birthday, no less. It all apparently went down after "something Tyga did" caused Jenner to ditch him upon her return from Australia last week. "They are on a break," a source tells E! News. "They were just a week or so ago talking about 'ever after' and things got messy this past week. Kylie wants time to just be herself and do her." But! Maybe not so fast, as later Jenner posted a Snapchat of the two lying together — or their legs, at least — with the caption, "Everyone needs to chill." NED EHRBAR/METRO HOLLYWOOD

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SOCIAL JETLAG

Wake up at same time, even on the weekend

If possible, it is better to go to bed and get up at the same time during the week and at the weekend, says a new U.S. study which has established a link between changes to sleeping schedules and metabolic disorders.

Scientific research has already demonstrated that shift work increases the risk of metabolic disorders.

Sleep disturbance is one of the factors behind the increase in metabolic disorders such as diabetes and obesity, even in people without health problems, says this study published on Nov. 18 in The Journal of Clinical & Endocrinology Metabolism.

A team of researchers from the University of Pittsburgh analyzed the sleep schedule and the cardio-metabolic risk of 447 men and women, who were participants in phase 2 of the Adult Health and Behavior Project study.

The team noted that almost 85 per cent of the participants had a lag in their sleep cycles, waking later on their days off than on workdays, while 15 per cent had a shorter cycle, meaning they woke earlier at the weekend than during the week.

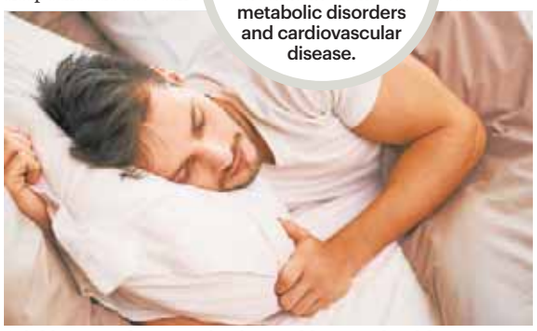
The volunteers with the biggest lag in their sleep schedule between working and non-working days had worse levels of cholesterol, higher insulin resistance, a larger waist measurement and greater BMI (Body Mass Index) compared to the others, the team noted.

This "social jet lag" remained, even when the scientists adjusted for other sleep and lifestyle variables, such as physical activity and caloric intake.

"Social jetlag refers to the mismatch between an individual's biological circadian rhythm and their socially imposed sleep schedules," said Patricia M. Wong, lead author of the study. "Other researchers have found that social jetlag relates to obesity and some indicators of cardiovascular function."

"However, this is the first study to extend upon that work and show that even among healthy, working adults who experience a less extreme range of mismatches in their sleep schedule, social jetlag can contribute to metabolic problems. These metabolic changes can contribute to the development of obesity, diabetes and cardiovascular disease." AFP

MONDAYS
Difficulty in waking up on Monday morning could mean we are storing up trouble in terms of metabolic disorders and cardiovascular disease.



Sticking to a sleep routine is good for your health. ISTOCK

I was feeling good, but I kind of almost crashed at mile 15.
Leroy Stolzfus, 22, says of finishing under a minute short of a Boston Marathon qualifying time for his age group.

Leroy Stolzfus runs in the 2015 Harrisburg Marathon in Harrisburg, Pa. DANIEL ZAMPOGNA /PENNLIVE.COM/THE ASSOCIATED PRESS

Amish clothes don't slow down marathoner

TRADITION

Fast start, not suspenders and slacks hurt qualifying time

An Amish man turned heads as he whizzed by fellow runners at a recent marathon — not because of his speed but because of his unusual racing attire.

Twenty-two-year-old Leroy Stolzfus finished the 26.2-mile (42.2-kilometre) Harrisburg Marathon on Nov. 8 in just over three hours and five minutes, all while wearing his community's traditional clothing, Pennlive.com reported.

"I had no pain whatsoever," Stolzfus said. "It was more mental anguish than in my legs. You have to train yourself not to think about it. It will just slow you down. I was once told by someone that it's 20 per cent training and 80 per cent mental. I do believe that."

Stolzfus, who finished under a minute short of a Boston Marathon qualifying time for his age group, said he turns to running whenever he's tempted to sin.

After getting "involved with some stuff" he said shouldn't have, Stolzfus was introduced to running by his brother-in-law.

Unlike most runners, Stolzfus doesn't run every day. But he makes a point to get in at least 20 miles a week.

"It's a natural talent, but I do a lot more training than I used to," Stolzfus said.

The future is uncertain for Stolzfus, but he said he is interested in running an ultramarathon and of course attempting to qualify for the Boston Marathon. THE ASSOCIATED PRESS

FOOTWEAR

Stolzfus runs from temptation in sneakers

Leroy Stolzfus said he's used to running in slacks and suspenders, and he believes he would have run closer to a three-hour marathon if he hadn't started out so fast.

His clothes were not a factor, the Gordonville resident insists, and he did wear sneakers.

THE ASSOCIATED PRESS

Blood test for the faint-hearted

MEDICAL ADVANCES

UVic scientists develop blood test that only needs one drop

Matt Kieltyka
Metro | Vancouver

The fear and light-headedness associated with blood testing may one day become a thing of the past.

Researchers at the University of Victoria have developed a method that can test for and measure 25 proteins found in the blood that are linked to certain cancers, cardiovascular issues and diabetes.

And all it takes is a pin-prick on the finger and a single drop of blood dried on filter paper.

APPLICATION
Blood test that requires just a single drop of blood from a patient is already being used in some U.S. clinics.

"We can do up to 25 different tests on the same drop of blood," said UVic biochemist Terry Pearson, who developed the technology with UVic adjunct professor and lifelong friend Leigh Anderson. "It's very difficult to do that with current (blood) tests, which are a bit awkward and has that fear factor associated with it."

Pearson and Anderson, who is based in Washington, D.C., have been developing the technology for 13 years and have launched a startup called SISCAPA Assay Technologies Inc. to bring it to life.

The technique is already being used by the Mayo Clinic and ARUP Labs in the U.S. to test for a protein associated with thyroid cancer.

The pair won the Human Proteome Organization's science and technology award and have also used the test to monitor biomarkers in athletes during the 2015 Pan Am Games and will do so again at the Olympics.

Pearson expects Canadian clinics may begin adopting the test for specific uses within the next two years.

Widespread use could follow.

Pearson said the test has many advantages over traditional blood tests that require samples to be drawn from patient's veins.

One of those advantages is more personalized care.

"You can do it at home and just put it in the mail. You can (test) daily, weekly, monthly, so it allows you to collect longitudinal samples over a period of time," he explained. "It establishes your baseline for a single protein, so if there's a change it sends up a flag."

Current blood samples are measured against the average of a patient's age group so results are not as specific.

"Having a personal baseline is much more advantageous," Pearson said.

The technology was developed with support from the Canary Foundation, National Cancer Institute, Sciences and Engineering Research Council and the Canadian Institutes of Health Research.

A new test eliminates the need to withdraw large samples of blood. ISTOCK

We can do up to 25 different tests on the same drop of blood.... It's very difficult to do that with current tests, which are a bit awkward and has that fear factor.
UVic biochemist Terry Pearson

IN BRIEF

Going back to college could boost cognitive capacity

An Australian study has found that older adults could reduce their risk of developing Alzheimer's and other forms of dementia by taking college courses to boost cognitive skills.

The study observed 359 participants aged between 50 to 79 years who completed at least a year of a part-time or full-time college course. Cognitive tests were taken before and after, with participants reassessed annually for the following three years. None of the participants had dementia.

The results, published by the American Psychological Association journal, showed that more than 90 per cent of participants who completed a course exhibited a significant increase in cognitive capacity, compared to 56 per cent of the control group participants who hadn't taken courses. "The study findings are exciting because they demonstrate that it's never too late to take action to maximize the cognitive capacity of your brain," said lead researcher Megan Lenehan. AFP

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To celebrate the Grand Opening of their North York Store at Centerpoint Mall, 180 Smoke, a crowd sourced Toronto company, is giving away hundreds of free e-cigarette kits to current smokers considering making a switch to vaping, and willing to dump their last pack of cigarettes.

180 Smoke has been vigorous in harm reduction by encouraging tobacco smokers to consider alternatives to combusted tobacco products. The company is offering a truly fantastic incentive for anyone committed to harm reduction, and willing to part with their final pack of tobacco cigarettes*.

"We're expecting hundreds of rechargeable e-cigarette kits to be given away** to smokers, and believe this is a turning point in traditional smoking, and a great incentive for anyone committed to tobacco harm reduction" said Dr. Gopal Bhatnagar, co-founder of 180 Smoke.

Bhatnagar added, "Our giveaway is our way of assuring smokers that they have nothing to lose except their last pack of cigarettes."

180 smoke invites smokers to learn more first hand, taste the various flavours and find what works for them. Knowledgeable staff will be available to answer questions and demonstrate products.

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Are you a financial match with your mate?

Talk about financial challenges and aspirations before walking down the aisle. ISTOCK

COMPROMISE

Compatibility counts: You must agree on money goals

Gail Vaz-Oxlade
For Metro Canada

Opposites attract. Birds of a feather flock together. Are you and your mate like two peas in a pod or as different as chalk and cheese?

We can love a body without ever understanding what makes that body tick. Even couples that have been together for eons sometimes scratch their heads at some of the things their mates do. That's because we are evolving creatures constantly responding to the stimuli around us, constantly growing, constantly changing.

Since you're getting married — planning to spend a long, Long, LONG time together — it's important that you both understand how you think and feel about money. It's just as important that you figure out if you're a money match or a money mismatch.

Not feeling the same about money doesn't mean an automatic no-go. People who are less compatible do face more challenges. But those who subvert their own money personality to match their mate's are just asking for trouble. It can't last. And when your mate finds out you've been pretending, it's going to be a tough pill to swallow.

Coming up with a plan for how you'll manage your money means negotiating a common ground. Start by being upfront about who you are, how you feel about money, what's important to you and what isn't. Listen and accept the other person's open and frank discussions about what makes him or her tick.

Once you've got it all on the table, focus on working together to come up with a plan that keeps you both happy.

Money means different things to different people. When two people bring emotional baggage to a relationship — particularly the emotional baggage that surrounds money and that they NEVER talk about — the relationship can turn into a power struggle and life can feel more like strife.

One of the easiest ways to start the conversation about money is by talking about what you're most comfortable with and what you feel is most risky. Since many money issues have a comfort/risk component, it's easy to move from a general discussion to a more specific money talk.

- How much money do you have to have in the bank to feel safe?
- Do you each know what your money set-points are?
- What kinds of investments do you feel are safe (for you) or risky?
- How much debt is too much debt?
- What kind of debt are you willing to take on?
- How much insurance is enough?
- If you have children, how will you keep those children safe financially?

As you get to know each other, you should be working to clarify each other's goals. If it's airy-fairy (I'd like to own a house), nail it down (what kind of house, where, when, how much house?).

You also need to talk about your different approaches to planning. For while one of you may be all spontaneity and impulse, the other may be a structure freak. Figure out what's important to you both so you can draw on each other's strengths to create a solid money match.

For more money advice, visit Gail's website at gailvazoxlade.com

According to reports, Raptors centre Jonas Valanciunas will miss six weeks after fracturing his left hand on Friday night

Raps end trip on a high note

NBA

Players feel accomplished despite 2-3 record out west

SUNDAY In L.A.

91	80
RAPTORS	CLIPPERS

The longest trip of the regular season is in the books, a bumpy ride of leads blown and games lost but a trek made palatable by a strong finish and a sense of accomplishment.

It was not perfect for the Raptors but perfection is a dream and, all in all, they travel home feeling good.

"I think this trip was a success even though we only went two-and-three," said DeMarre Carroll, after Toronto beat the Los Angeles Clippers 91-80 here Sunday afternoon.

"I think it's a success because every game was close ... they all came down to the last minute except this one so it just showed us our mental toughness (and) that will show itself later in the season."

As coach Dwane Casey and the players have been saying since the season began less than a month ago, surviving a difficult early schedule and showing some kind of growth was almost as important as wins and losses. And finding out flaws that have to be worked on was equally significant, and in that respect this was a journey well worth taking.

They blew games they probably should have won, they finished strongly with a weekend sweep of the Lakers and Clippers. and they now know full well what obstacles they have to overcome.

> **We know what we can accomplish now and this was definitely a confidence boost.**
> DeMarre Carroll

"This whole road trip was tough, losing games that we know we should have won," DeMar DeRozan said, citing blown leads in Sacramento and Utah. "That kind of dwells on you but we understood you don't want to go out with a loss going all the way back home, you have to dwell on that for a five-hour flight back to Toronto.

"We just wanted it."

The Clippers game was in many ways a microcosm of the entire trip. The Raptors looked as good as they have at any time this season in building a 29-point first-half lead but frittered it almost entirely away with some lazy second-half stretches.

But they did manage to right themselves when it mattered most. When the Clippers closed to within six points in the fourth quarter, Toronto found the resolve it had been lacking and won going away.

It wasn't particularly pretty and they did devolve into some selfish stretches in the second half but a win is a win and lessons were learned.

"Our first three games (on the trip), we lost games just like this," said Carroll, who made his first eight field goals and finished with 21 points. "I think we got better as the trip went on and that's something you look for. You obviously want to be better at the end than you were at the beginning and that's what we did on this trip."

Toronto got a productive night out of smallish lineup that featured a combination of Luis Scola, Patrick Patterson and Carroll at the two frontcourt spots. Scola drew Clippers centre DeAndre Jordan or power forward Blake Griffin away from the basket and shredded them for 20 points while holding the Clippers' big men very much in check.

TORSTAR NEWS SERVICE

DeMar DeRozan of the Raptors drives to the basket against the Clippers' Blake Griffin on Sunday in Los Angeles. ANDREW D. BERNSTEIN/NBAE VIA GETTY IMAGES

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Henry Burris celebrates his team's win in the eastern final Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Long drought over: Ottawa in Grey Cup

CFL PLAYOFFS

Burris extends great season as Redblacks get past Tiger-Cats

EAST DIVISION FINAL

35 28

A lot of things have happened since the last time a team from Ottawa made an appearance in the Grey Cup including the birth of every player on the Redblacks, save one.

"I bet I know who that is," said Redblacks receiver Brad Sinopoli, who played quarterback for the University of Ottawa Gee-Gees, playing on the same field the Redblacks beat the Hamilton Tiger-Cats 35-28 Sunday to earn a trip to Winnipeg and the 103rd Grey Cup.

Henry Burris, who was six when the Ottawa Rough Riders fell 26-23 to the Edmonton Eskimos in the 1981 Grey Cup, had a career year for the Redblacks setting multiple personal and league records at 40.

"It's an honour for us to be able to deliver this and to see the excitement from the fans," said Burris. "To see the support we've been getting all year long, we have the best fan support in the league. Even last year when we had our struggles the stands were always sold out. Today was extra special."

Burris connected with Greg Ellingson for a 93-yard catch and run touchdown to give the Redblacks a 35-28 lead with under two minutes to go.

Ellingson was born seven years after the Ottawa Rough Riders' last Grey Cup appearance. On Sunday he had five catches for 187 yards and the biggest touchdown of his career.

"It's been a career year for him. He's 40 years old and it's one of the best seasons he's ever had," said Ellingson of Burris. "To have a quarterback producing like that and putting the ball where it needs to go is going to help you win games.

It's been 34 years since that Grey Cup appearance. Redblacks coach Rick Campbell watched that game on television from his home in Edmonton as his father, Hugh Campbell, coached the Eskimos to the win despite trailing 20-1 at the half.

"I was only 10 and I'll be rooting for the Ottawa team this time. I wasn't last time but I will be this time," Campbell said. THE CANADIAN PRESS

Eskimos give Stamps a good licking

WEST DIVISION FINAL

45 31

Quarterback Mike Reilly scored two touchdowns and passed for three more as the Edmonton Eskimos registered a 45-31 victory over the Calgary Stampeders in the West Division final on Sunday.

Edmonton's special teams unit came up big in the early running as Ryan King recovered a punt fumble by Calgary's Skye Dawson on his own 23-yard line.

That quickly led to a one-yard touchdown plunge by Reilly, followed by a two-point convert pass to Derel Walker.

Calgary responded with a pair of Rene Paredes field goals to close to 8-6 at the end of the opening quarter.

The field goal parade continued before the Eskimos broke the pattern with a 15-yard TD pass from Reilly to Adarius Bowman to head into the dressing room up 20-12.

Edmonton extended its lead three minutes into the third frame as Reilly hit Kenny Stafford for a couple long passes, the second a 38-yard TD strike.

The teams traded field goals once again to make it 31-15 Edmonton at the end of the third.

Edmonton added to its lead to start the fourth as Walker reeled in a 57-yard TD pass.

Dexter McCoil picked off Stamps QB Bo Levi Mitchell on the next series, eventually setting up an eight-yard QB keeper by Reilly.

The Stamps kept their cool and came right back with a 66-yard TD pass from Mitchell to Eric Rogers and then another 16-yard major on a pass to Joe West, both of which were capped off by two-point converts. THE CANADIAN PRESS

NFL

Newton catches fire with 5 TD strikes

Cam Newton has never liked being referred to as a running quarterback.

"I have labelled myself as a pocket passer with the ability to run," Newton said.

Newton proved again he can beat teams with his arm, throwing a career-high five touchdown passes on Sunday and the Carolina Panthers improved to 10-0 with a dominating 44-16 win over the Washington Redskins.

Newton completed 21 of 34 passes for 246 yards and threw TD passes to five different receivers as Carolina stretched its regular-season win streak to 14 games, including eight straight at home. The Panthers opened a four-game lead in the NFC South over Atlanta and became the 16th team in the Super Bowl era to start 10-0.

Of the previous 15, all made the playoffs and nine have advanced to the Super Bowl, with six winning it all.

All of that matters little to tight end Greg Olsen.

"They don't give out trophies for the regular season," Olsen said.

Cam Newton GRANT HALVERSON/GETTY IMAGES

Carolina's defence was dominant.

They forced five turnovers leading to 27 points, had five sacks of Kirk Cousins and established a franchise record by holding the Redskins to 14 yards rushing on 12 carries.

"Between the fumbles and the picks, we had a couple short fields," Olsen said. "You've got to take advantage of them. We didn't sit on them." THE ASSOCIATED PRESS

AROUND THE LEAGUE

Romo's return spurs Cowboys comeback win

Tony Romo pulled off his latest rally, returning from a collarbone injury Sunday to throw for two scores, and the Dallas Cowboys won for the first time since he was hurt in Week 2, beating the Miami Dolphins 24-14.

Broncos' Osweiler doesn't disappoint in his first start

Filling in for the injured Peyton Manning, Brock Osweiler made his first career start a triumphant one.

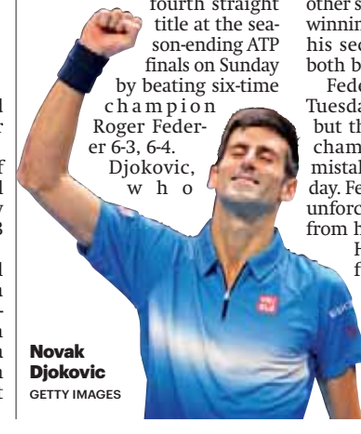
Osweiler threw for two touchdowns as the Denver Broncos beat the Chicago Bears 17-15.

TENNIS

Djokovic finishes season in style

As usual this season, Novak Djokovic was the best player on the court.

The top-ranked Serb won his fourth straight title at the season-ending ATP finals on Sunday by beating six-time champion Roger Federer 6-3, 6-4. Djokovic, who won three Grand Slam titles this year and reached the final in the other, capped the best season of his career with another superb display, including winning 16 of the 19 points on his second serve and saving both break points he faced.



Novak Djokovic GETTY IMAGES

Federer beat Djokovic on Tuesday in the group stage, but the 17-time Grand Slam champion made too many mistakes in the final on Sunday. Federer ended up with 31 unforced errors, including 15 from his forehand.

He even gave away the final point with his second double-fault of the match.

Federer finishes his season with a 6-5 record in finals, with all five losses to Djokovic. THE ASSOCIATED PRESS

Schedule wearing Leafs down

NHL

Buds sport an 0-4-2 record in second game of back-to-backs

18

The Columbus Blue Jackets play the most back-to-backs this season.

There is a certain level of absurdity when it comes to the Maple Leafs complaining about their schedule, given they are essentially the authors of their own demise.

They play far too many games on consecutive nights for their own liking — 16 back-to-back series this season, 32 games in all. Why? Well, Toronto coach Mike Babcock acknowledges it's the demands of the television schedule.

He even stared down a TV reporter who had the gall to ask a question about the gruelling nature of back-to-back play, as if somehow it's the TV reporter's fault.

"You're not as fresh," Babcock said. "Our schedule has a little bit to do with TV, if I'm not mistaken."

There was an awkward pause and a nervous chuckle after that.

Babcock has a point. After Saturday night's loss in Boston, the Leafs have completed six back-to-back sets. They're OK on the front end — 3-2-1, perhaps because of better rest and more preparation time. They're horrible on the back end — 0-4-2.

Looked at another way, the Leafs are 7-6-2 playing on at least one day's rest.

Two TV giants, Bell and Rogers, co-own the team. They bought it to better control the content they rely on for ratings. And the Leafs are a huge ratings driver.

TORSTAR NEWS SERVICE

Linesman Michel Cormier tries to break up the Bruins' Brad Marchand and the Maple Leafs' James van Riemsdyk on Saturday night in a game Toronto lost 2-0.

WINSLOW TOWNSON/THE ASSOCIATED PRESS

GOLF

Year-end LPGA event crowns three champions

Cristie Kerr won the tournament. Lydia Ko won $1 million and became the player of the year. Inbee Park won the scoring title and is going to the LPGA's Hall of Fame.

With a 17-under 271, Kerr won the CME Group Tour Championship on Sunday, while Ko tied for seventh — good enough to win the "Race to CME Globe" bonus for the second straight year. Park finished the tourney in sixth.

Brooke Henderson of Smiths Falls, Ont., was the top Canadian in 13th place at 9-under par.

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RECIPE Sweet Potato and Kale Hash with Fried Eggs

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Why not eat a fried egg for dinner? Especially when it's sitting pretty on top of this super food hash. Because, you know, #PutAnEggOnIt

Ready in
Prep time: 40 minutes
Serves 4

Ingredients
- 3 cups sweet potato dice
- 1/4 cup maple syrup
- 1 Tbsp minced fresh rosemary
- Salt and pepper
- 3 Tbsps butter, plus extra for eggs
- 1 shallot, diced
- 2 sprigs thyme
- 1 cup frozen chopped kale
- 4 eggs

Directions
1. Bring a large pot of water to a boil. Blanche sweet potato cubes for 2 minutes. Then drain and rinse under cold water. Drain well. Place the potatoes in a medium bowl and add maple syrup, rosemary and salt and pepper. Toss. Refrigerate for about 15 minutes.
2. Heat a large frying pan over medium heat and add butter and shallots. Just as the shallots soften, add sweet potato and any liquid that's collected at the bottom of the bowl as well as the sprigs of thyme. Sauté over medium-high heat for 15 to 20 minutes, stirring occasionally. Sweet potatoes should be a crisp, toasty brown. Add kale to the pan and gently mix it into the potatoes. Cook for about 3 to 5 minutes.
3. Meanwhile, heat another large frying pan over medium heat. Melt a pat of butter and then slowly crack all four eggs into it. Just let the eggs sit. Allow the eggs to cook until the whites are set and the edges start to curl up. If the whites in the middle of the eggs are not set, cover the pan for 2 minutes. Serve a hearty scoop of hash with a fried egg on top.

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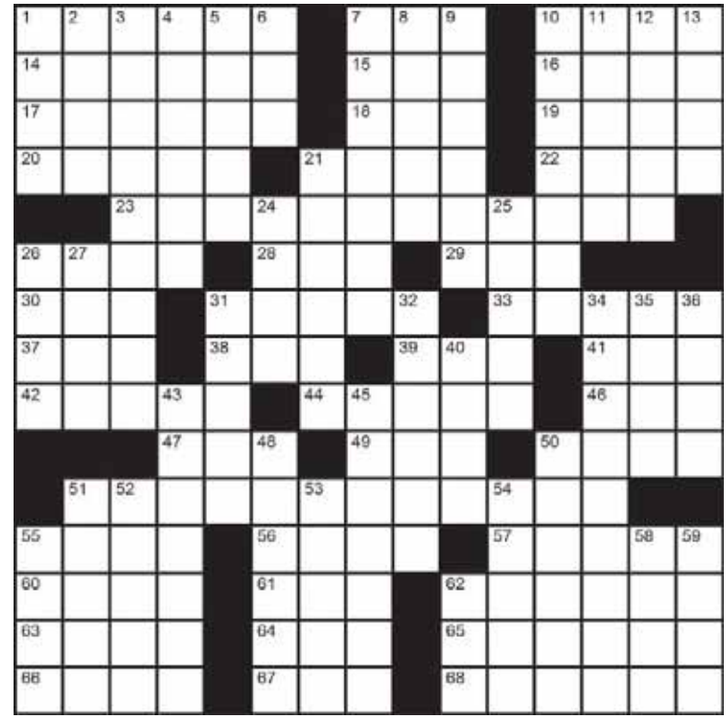
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Convoy": 1976 hit for C.W. _
7. Looked-at comp. part
10. Illegally aid
14. "Lawrence of _" (1962)
15. Prospector's find
16. Fun set
17. Tears For Fears singer Mr. Orzabal
18. Point
19. Bouncy-less
20. Astronomer's realm
21. _ butter (Beauty cream stuff)
22. Cycled
23. Canadian channel BNN = _ _ Network
26. Amateurs one day
28. _ es Salaam, Tanzania
29. Little bit
30. Traveller's time delay
31. Buenos _ (Capital of Argentina)
33. Madonna hit
37. Prefix meaning 'Egg'
38. Internet chuckle
39. Hot drink in a Montreal restaurant
41. Bitty badges
42. _ of cake (Easy)
44. _-paced (Slow)
46. Half of Dave Grohl's band
47. 'Outer'-meaning prefix
49. _ painting
50. RR depots
51. Highly decorated Canadian fighter pilot of Word War II who died mysteriously in a plane crash at age 26 in 1948: 2 wds.
55. Collector's suffix
56. Labels
57. Jack _, Kiefer Sutherland's "24" role
60. _ Flon, Manitoba
61. Lettered sun ray
62. Have ambitions
63. Bruce Springsteen's "_ _ Fire"
64. Arrange
65. Show the client the way to the conference room: 2 wds.
66. Ms. Daly
67. Mr. Asner's
68. Aim

DOWN
1. Red Planet
2. Farm yield
3. _ Peaks Resort (Skiing destination about an hour from Ottawa)
4. Calculating machine
5. What an actor memorizes
6. Chap
7. "How do ya like that?": 2 wds.
8. Boo-hoo-hoos
9. Meal
10. Fettuccine _ (Rich pasta dish)
11. Under
12. "Blimey!"
13. Books bag
21. Fido's fearsome frowns
24. Prefix to 'syncrasy' (Mannerism)
25. Variety of orange
26. Sound in the Alka-Seltzer song
27. Sitarist Mr. Shankar
31. Canadian singer/actress Ms. Johnson
32. House level separators
34. It gives suggestions for Christmas shopping: 2 wds.
35. Japanese cuisine noodle
36. Those, in Spanish
40. Parliament _
43. French painter of The Card Players, Paul _ (b.1839 - d.1906)
45. Fillings in Snickers chocolate bars
48. Between 90 and 180 degrees, as per angles
50. Get short with: 2 wds.
51. Mild, as weather
52. Actress, Gabrielle _
53. Having a roof overhang
54. Henrik _ (A Doll's House playwright)
55. "_ _ ain't broke..."
58. Dublin's poetic land
59. Broadway musical
62. Ms. Landry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your opinions to yourself over the next few days. If you say the wrong thing you could make an enemy. Don't make things unnecessarily difficult for yourself.

Taurus April 21 - May 21
Be careful who you rely on because there is a lot at stake. If a partner or co-worker makes a mistake don't let employers or other important people put the blame on you.

Gemini May 22 - June 21
This is generally a positive time for you but you still need to be cautious. Be especially wary of people who flatter because they are obviously looking to help themselves in some way — at your expense, of course.

Cancer June 22 - July 23
Try to be more serious about what you own and what you earn, but not so serious that you forget about everything else. Dollars and cents are important, but only as a means to an end, not as an end in itself.

Leo July 24 - Aug. 23
Why are people so demanding? Why do they expect so much? Maybe because of your high standards they think you can do anything. Or maybe they can get away with making outrageous demands. Don't let them.

Virgo Aug. 24 - Sept. 23
If you start something new today it is unlikely to work out well, so put it off and focus on making the best of what you are already working on.

Libra Sept. 24 - Oct. 23
If the atmosphere in a relationship has been heavy you have the chance to improve things today. No matter what they have said or done put that behind you and focus on the simple things that make your bond work.

Scorpio Oct. 24 - Nov. 22
Speak up now or forever hold your peace. If you have something to say — or complain about — you must get it off of your chest immediately. Later in the week no one will listen.

Sagittarius Nov. 23 - Dec. 21
You won't make an anxiety-ridden situation better by worrying. Identify exactly what the problem is, then come up with a plan to take care of it. It's not as bad as you fear.

Capricorn Dec. 22 - Jan. 20
Put memories and regrets behind you and make the best of what you have got. You're a Capricorn, you're supposed to be courageous and confident.

Aquarius Jan. 21 - Feb. 19
What happens today will remind you that material matters are of secondary importance. What gives life its value is how you relate to other people. Try to see the best in everyone.

Pisces Feb. 20 - March 20
Don't take on any new commitments today. The Sun's move into the career area of your chart means you won't lack for opportunities but you need to be patient.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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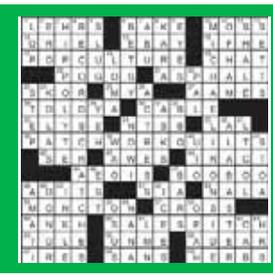

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